

Chapter 3

Divine Energy

(From Natural Meditation, by Charles Berner)

We could say that all of existence may be understood in terms of the male principle and the female principle. The male factor is the being -- an individual being conscious. Nature is the female factor - it is all the world. When I say, "All the world", I mean not only all the things and all the matter in the world, but I mean also all the space, all the time, all the energy, all the events, all the thoughts, all the bodies. Everything that is and takes place is what I mean by nature.

That aspect of nature, which makes it all go, which empowers it, which makes it move, the entire energy aspect, is divine energy. Divine energy may be thought of as power or directed energy. When you have something moving or taking place, if that motion or that event has some direction or intelligence guiding it, then this is power. This is divine energy.

When we speak of divine energy we are not talking about some mysterious thing. We are talking about the most ordinary thing. It is that aspect of nature which empowers nature to run and go, not only to give it energy, but to give it the direction.

The concept of divine energy applies to the entirety of nature, all of the realms, all life forms everywhere, all of space, and all of time, for ever and ever. So, that divine energy, that great divine energy which applies to everything everywhere is universal divine energy. From the very beginning of the universe to the very end, including the present, everything is empowered by universal divine energy.

In Christianity, this is also discussed. In the Bible there is God, and the Word of God. There is God, and there is God's Word. The Word aspect is nature. The outstanding aspect of nature is the Word. This is the same as divine energy. The empowering factor in Christian theology is the Holy Spirit. The Holy Spirit is what makes everything go, what makes everything function. And without that nothing takes place. So the Holy Spirit, on the most universal level, is the same, and, as far as I can see, identical with, and just a different word for divine energy. It is the empowering force, that is, the energy from God, directed by His intelligence, which is the Holy Spirit.

The whole formation of the physical world, that is, matter and the evolution of the suns and galaxies, the stars and their inner action into galactic forms, the formation of planets, has all been empowered by divine energy. Without this energy creation would not take place. Or another way of putting it, without the energy and intelligence of the Holy Spirit, the physical world would not form. There would not be the coalescence of matter or substance. Nor would it be formed into intelligent patterns, the spiral form of the galaxy, for example, the roundness of stars.

The intelligence that is contained in the laws of nature, the so called laws of nature, acting by the energy of God, makes the world come out the way it is. In the

same way as planets are formed, under the direction of intelligent energy -- divine energy, Holy Spirit -- life begins on the planets and life forms, biological forms, simple viruses and bacteria, simple plants, and one-celled animals evolve. Divine energy is at work to make life, whether it be plant or animal.

When divine energy is operational in a life form, plant or animal, we could call it the life energy. But it is still the same thing. It is just, that when the energy is acting in a life form, we may think of it as the vital life energy. It is a descriptive term. It is not to say that there is a life form and that superimposed upon it is life energy as is often thought.

Consider that there is the intelligence factor also, a guiding hand of divine energy within the form of the DNA which is guiding the form and pattern and structure -- and activities, in the final analysis -- of the biological form, the plant or the animal. It makes it come out the way it does. It is right in the very structure of the cell itself, plus as energy which makes the molecules work and in the binding energy of the molecules. That power is divine energy. We call it, in the form of plants or animals, life energy. And without the life energy, the cell cannot be alive.

It is not like there is the material world on the one hand, and the divine on the other. There are not two separate things. The divine is at and through every aspect of the living form. The energy in the living form is divine. And the intelligence, that makes this thing the way it is, is divine. Of course as these cells combine and relate, also through the intelligence that is structurally contained in the DNA molecules, they form more and more complex life forms.

The same principle guides the formation of the complex human body up through the evolutionary stages. This is the intelligence of divine energy. When this energy, this intelligent divine energy, this power, keeps driving evolution on towards a more complex and perfect organism, it is called the evolutionary force, whereas the overall empowering force of a body form is called life energy. That particular force, contained in the DNA molecule, that is the driving power of evolution, that has a goal in mind, that has a place to arrive at, that keeps bringing the body toward a particular end, which makes it go in a direction, an evolutionary direction, of more and more complexity and perfection in the biological form, is the evolutionary force.

In Sanskrit the evolutionary force is known as kundalini. Kundalini literally means 'the little coiled one', because the yogis think of it as a snake. It is an interesting analogy, actually -- the giant snake that fills the universe and makes it go, is shakti, the life energy. The giant cobra. And the little one is kundalini -- the little coiled one, the little snake, which is contained in each and every body, in each and every plant, each and every animal, each and every cell -- is kundalini.

The physical form of the evolutionary force is in the DNA molecule. The energy form of it, we think of as evolutionary energy, which, in the lower part of the body, where it is first felt, is the sexual urge.

The sexual urge gets you to reproduce, driving you into the contact of one body with another, bringing about a further evolution of the species. The sexual urge is not some sort of a casual thing that drops in to visit, but is inherent in every cell of the body. And it is the evolutionary force that is driving bodies towards a further and further

evolution, that is, towards the perfect state.

When your body is conceived two parts of the evolutionary force's pattern, or the DNA pattern -- half of it comes from the ovum of the mother, and half of it from the sperm of the father -- combine in union. When the body is conceived, these two patterns come together and optimally form a new pattern more perfect than the one before. The evolutionary energy is released at this point of conception when the sperm and the ovum come together, and it starts driving hard. It has been encapsulated temporarily in each one of these half cells. The sperm and the ovum are half cells. They are incapable of sustaining life on their own, but when they come together, the dormant kundalini is released, and the evolutionary force starts with tremendous power, guiding, empowering, directing the multiplication of the cell into a human zygote within the womb of the female.

As growth goes on the evolutionary stages are all rapidly gone through. You can see how the zygote of a human first looks like that of any other animal, and then it begins to resemble a fish's and then a reptile's, and goes through the various stages, monkey-like, and finally into the human form, the human fetus, the human baby.

When it is born, the tremendous trauma of birth puts a damper on the evolutionary rate. The evolutionary energy has to start coping with the world, it has to start digesting milk and breathing air, and being neglected, getting cold and hot. The evolutionary pattern, which is trying to be fulfilled by the force of evolution, which directs the life energy also in the body, which is associated normally with the breath, is affected and battered. Due to the interaction of the evolutionary force, with the environmental forces, evolution is somewhat frustrated.

You, as an individual then, associated with a body, try to use your 'will', as you grow year by year, to use this body for your own purposes and ends. By using your own will, trying to respond socially to your parents, the evolutionary force is further constrained, perverted and distorted. And so, by the time you are four, five or six, the will in the form of the mind, has started to capture this energy to behave, to stay out of no-no's, and to get your piece of candy. And so you make the body sit still and do what it is supposed to do according to you and according to society, instead of just what the evolutionary force keeps wanting to do, which may be to fidget and jump, and run around, and jump up and down, and yell, because it is trying to make the body come up the way it wants it to come up. But you make it, through your will, to not urinate, not defecate, eat when it is supposed to, sit still, and start to learn to read.

And so this evolutionary force is constrained, is constricted to social necessities. You are not to be blamed for this. This is the kind of world in which we live. You are battered by the environment, physically and socially.

Then you go along for the next few years with this energy somewhat captured, but it tries to break out again, tries to express itself. But because it is captured, it tries to express itself through sexual reproduction, beginning at or around eleven, twelve, thirteen or fourteen. The sexual urge breaks out at puberty. You try to have intercourse with a member of the opposite sex. The energy is essentially saying, "If I can't make this evolution come to perfection in this body, I'll make a new body, and try it that way, and see if it can make it." But even that, because of social circumstances, is constrained.

Sexual expression is held in by social pattern, by social necessity, by lack of money, by lack of education -- you cannot get married, you cannot have sex, you cannot let this energy express itself in just any way or any time it sees a member of the opposite sex. It cannot immediately and instantly in the middle of the street, as in the case of animals, have sex. So you use your will again under social pressure to constrain the evolutionary energy which has broken out in the form of sexual drive. It is held down and suppressed again out of necessity. No one is to be blamed. But this is what happens. When this energy in this form is constrained, this is the beginning of tension, headaches, unhappiness, disease. Neurotic behaviour begins. After puberty, comes neurotic behaviour. And teenagers start to get more and more neurotic. They fight against it, they struggle against it, but because of social pressure and necessity, gradually the evolutionary energy is forced to yield to social patterns.

Then, when you arrive at your late teens, you have learned enough about life that you start to get independent. You say, "I'm going to let this energy do what it wants," - thinking that is what you want to do, which is all right, I suppose. And you may think, "I'm going to live independently, and I don't need my parents, and I don't need society, and to heck with it! I'm going to go my own way." And you pull out of the household, and you find though that you have the necessity of making a living. You have got to work at a job or study at school, or else you are going to be left out in the cold, hungry, without support. And so the necessity of maintaining the survival of the bodily form makes you again use your will to grind by the hour over books in college, or grind by the hour, day in and day out, at some wage job, trying to make a living.

This completes the job of enslaving the evolutionary energy. With a final gasp the power of the evolutionary force is lost. The evolution of your body stops -- it quits growing, not only in size, but also the nervous system quits evolving to a finer and finer state. At this point, around seventeen, eighteen, nineteen or twenty, further growth of your capacity and creative powers is suppressed. Your intelligence ceases to grow any more, and the process of death begins. You slowly start to die right at about that age. You may not notice it at first. It may take you ten years before you notice it. But it starts right at that age. Life loses some of its glow. The glow of youth goes off. The fun and glory seems to be lost. And you begin to give up.

The evolutionary force has not given up. It is still there and it still tries. It never quits. The evolutionary force is so captured by the will, through the agency of the mind, and is so enslaved by the ego, to do the ego's work for social and personal goals and desires, that the energy towards evolution and the further development of your mental faculties, of your brain towards great creative talents and great intelligence and genius type mentality is eventually stopped.

A few of us hold out a little corner of our mind, and develop some special outstanding talents up to the age of about twenty-seven or twenty-eight. By that time we have had our hearts broken enough times by life that the suppression of growth is complete -. and we feel like saying, "What's the use?" And the process of decay begins more rapidly.

As you can see, divine energy in the living form of the evolutionary force is no mysterious thing at all. It is a very every-day thing, and it is suppressed and held at the

base of the spine, captured and enslaved by the mind for social and survival purposes.

This energy can, however, be released. It can be released in one of four ways. Impurities hold the energy down. The toxic accumulation of emotional hurts and disappointments and suppressions and frustrations of the evolutionary energy have captured it and held it down. The impurities are accumulated, these emotional hurts are accumulated in your emotional aura. These impurities, as do the physical impurities created by bad diet, cola, doughnuts, coffee, bad air, disease, childhood diseases that have battered you, have accumulated in the body. Also, mental attitudes of how you must be, how you must act, the construct of the ego itself, of personality, of image, how you must act and be, and what attitudes you must have towards life, have accumulated in the mind, and act as impurities. Emotional, physical and mental impurities all act to keep the evolutionary force held down, backed up by the power of the will.

If through some technique, for instance, through exercise and swimming and deep breathing and pure diet, you purify the physical impurities, accumulations of toxins and the traumas of childhood diseases, the evolutionary force will try to break out again. This often happens in outstanding athletes, or dancers, ballerinas and ballet dancers. This energy will break forth. Also, in the area of the mind, through tremendous concentration, the artist or the pianist or the writer who concentrates by the hour, eight, ten, twelve hours a day practicing their art, concentrating their attention, brings about a purification of the mind, and a freedom of attitude; and the creative energy of evolution is released. These people, through that concentration process, purify the mind and release the energy. In the same way the scientist seeking Truth, concentrating, seeing through misconceptions, beginning to see how the world is put together -- releases fixed ideas that he or she has accumulated, and the mind is freed. The evolutionary energy breaks out in the form of the mental activity. His or her creative genius may blossom like Einstein's.

In the same way the Zen aspirant sitting in meditation, or any willful meditator, concentrating hour after hour on the Truth, can break through the mind and directly know what the Truth is, "Ah!" and the evolutionary energy will rush. Having purified the mind it is released. In the same way, a person who has the capacity for deep, sincere love, who does not care about having their feelings hurt, can have a heart opening. They will cry and tears will run down their cheeks, but they won't care about it, because their love is so strong, either for another being or for God. And the evolutionary energy will break forth, and poetry and song will spontaneously flow out of them. They are in love. This is true devotion. This can also awaken the evolutionary force.

So, these are the three ways in ordinary life that the evolutionary energy can be released. The emotions in this last form are purified enough that the emotional hurt will release and purify out all the past traumas. Liberation of the evolutionary energy takes place in the face of purity. When the removal of toxins and traumas has taken place, whether physically, emotionally or mentally, the force of evolution is released. But most people do not know what to do with it when that happens. They are lost. Because this power is so great, they think that they are starting to get crazy or eccentric, weird. Their creative power is unleashed, but along with it is also unleashed the sexual form of the energy. They are driven by a great sexual power and urge. And, not knowing how to deal with it or transform it, their lives are often destroyed by the sexual urge and their

resulting instability. If anything goes wrong, which it usually will in the social situation, they are made fun of, rejected, called crazy or weird. And then perhaps they will try to re-suppress this energy by drinking, taking drugs, tranquillizers, more neurotic behaviour, busy-busy-busy running around, doing all kinds of things. They may try to sublimate the energy; but they often fail. And the evolutionary force goes back to sleep again after a few months or years, back to its dormant state at the bottom of the spine. Binding up the first energy centre at the base of the spine with the sexual centre, and the naval centre is a knot so tight and so complex that it is practically impossible to evolve through in the social situation and in the ignorance of it in which we find ourselves.

So that leaves us with the fourth form of awakening the evolutionary force: through the divine grace of God, either directly or through the agency of a spiritual teacher who takes one from the darkness to the light. When the evolutionary energy, lying trapped and dormant at the base of the spine, is released by the divine grace and spark of the spiritual teacher or God directly, this evolutionary force starts to act again. When this takes place, because of the linkage to God or the linkage to a spiritual teacher, who is God's agent, you are able to receive the grace and the knowledge to handle and transform this energy in the purification process. Purification takes place spontaneously through surrendered action and automatic restraint of the life energy in meditation. For this to occur one must have adopted ethical standards to guide his or her actions in life. Eventually through the purification process of Natural Meditation one will naturally act in an ethical manner. As the meditation process goes on you will de-identify from the sense faculties, concentrate more deeply in meditation, increase your ability to meditate and finally achieve union with God. This all happens spontaneously, because not only has the evolutionary force been awakened but the divine grace and knowledge of the spiritual teacher can be brought to bear through one's connection to the lineage. This evolutionary activity goes on not only for us to purify all the body, the feelings and the mind, but to actually bring about their further evolution, so that one is of genius level capacity, seeing everything the way it is, and then into saintly behaviour, where one becomes a glowing manifestation of love and kindness and Truth. Ultimately, in the final stages of evolution, one evolves the perfect bodily form, the divine body form, such as Jesus achieved, and such as the teacher of my teacher Lord Lakulisha has, a divine body, the perfect body, an immortal body that has evolved, not only purified, but evolved to the final state. This is the goal toward which the evolutionary force was driving and striving for all this time. One may achieve it -- the final evolutionary perfected body form, called divine body. The divine body is mentioned in the Autobiography of a Yogi. Babaji, who was the teacher of Yogananda's teacher had achieved it. This final form which comes is Divinity itself. It is the divine form, it is God in form. The form of the divine body is the divine form and is the goal for which the evolutionary energy has been striving, empowered by the divine energy, which is reawakened through the initiation by the spiritual teacher in which the divine energy is transmitted to the student. Then, through the knowledge and guidance that is provided by God and the teacher, one can succeed in the fulfillment of this ultimate goal of God in form -- the divine body.

It is true that not everyone who practices Natural Meditation is going to complete this project in this lifetime. Indeed it is said that only a great one attains a divine body

each five hundred to a thousand years on earth. But every degree of progress that you make through surrender in Natural Meditation, which is the method of union with God, following the natural urge and drive of the divine energy in the living form of the evolutionary force, does indeed take you closer towards the end of liberation. While everyone is not going to complete the evolutionary process in one lifetime, every bit of progress you make in this direction moves you forward in the next life.

The path of renunciation of all desire involves full reawakening of the evolutionary force. Technically speaking the teacher's initiation into Natural Meditation awakens the life energy, and releases it, so that the purification can take place. Then, for a person taking the renunciate's path, God awakens the evolutionary force. Because of the linkage with the spiritual teacher, the proper understanding of the process can occur, allowing one to let the evolutionary force take over in the evolutionary phase to eventually finish the job -- the perfection of the divine form.

Kripalu, my teacher, was in the final phases of this path when he died. One sign that this evolutionary force was well advanced towards the formation of the divine body was the appearance of a white streak in the middle of his forehead, a vertical white streak in the middle of the forehead, which you may have seen on drawings and paintings of Krishna and other gods. 'These people were actually at one time just ordinary people, like you and me. And they, through the technique of Natural Meditation in ancient India, practicing this meditation, brought about the full evolution and perfection of the divine body, and became what are now known as;- gods and goddesses. But they were just like you and me in the beginning. Krishna has this streak down the middle of his forehead. The female has a red dot in the middle of her forehead which is the way the female divine body signature first comes on. This is caused by the upward flow of the evolutionary force or the sexual energy -- the sexual fluids, actually -- flowing up, upward, appearing on the forehead in the final stage of this evolutionary path. Kripalu had this sign. He had this white streak down the middle of his forehead. So you see, divine energy is not abstract. The Holy Spirit is not an abstract thing. When Jesus' disciples received the Holy Spirit from Heaven on the day of Pentecost, their evolution and purification began immediately, right there in the public square: talking in tongues, twisting, singing, rolling. This is the purification. The disciples eventually became outstanding geniuses and then saints, because of this force. So here, we are dealing with knowledge that was known in the West, used in Christianity, and is present every day of our lives, and makes every breath take place. By the proper use of the technology of Natural Meditation guided by knowledge passed down to us, divine energy can take one to the highest levels of union with God.